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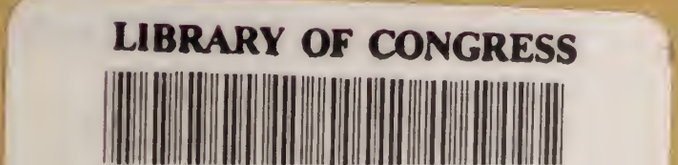

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FIRST SERIES.

CHANGEABLE INDIAN CLUB EXERCISES.

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DIRECTIONS.

(1) Hold the body ERECT, and STILL, moving only the arms.

(2) Swing the clubs in perpendicular circles.

(3) The clubs must pass the body at right angles.

(4) Hold the knobs loosely, that they may pivot nicely in the palms.

(5) Keep the clubs together and PARALLEL, when going in the same direction, and send them squarely sidewards, not obliquely.

(6) For large circles extend the arms fully.

EXPLANATIONS.

The figures in parentheses indicate the positions of the clubs for the first few counts. Each exercise has twelve counts, after which the clubs change easily into the succeeding movement.

All movements are supposed to begin from the "Starting Position;" but, for convenience in teaching and describing them, some other position is sometimes taken for the initial movement: do not confound them. The exercises here given are for both clubs, and presume some preparatory practice, but may be easily mastered by most persons if they will practice the movement first with the right club, then with the left, then with both clubs.

A wrist circle is one in which the club is swung around the wrist as the fixed point. The small letters in parentheses indicate the direction of a wrist circle—thus: (w) signifies that the motion is in the direction of the hands of a watch; (o) that it is opposite.

A large circle is one in which the arm is fully extended during ¾ of the circuit.

A complete circle combines a large and small or wrist circle.

Inward means towards the body from the position of the club in starting position.

The Starting Position is: Body erect, heels close, toes separated at an angle of 60°, the clubs perpendicular and parallel in front of the chest, the elbows well back, forearms horizontal.

For class exercising the director calls the name of the exercise, commands Starting Position! Ready—Begin! 1! 2! 3! 4! etc.,.....to Halt! or Change! as the case may be.

FIRST EXERCISE.

The Backward Bend.

From starting position swing the clubs towards the right-down across the knees(1); up left side to high vertical, turning the body on the heels to left-face(2); reverse the swing-down across knees(3); up right side to high vertical, turning on the heels to right face(4); so, repeat to twelfth count.

[NOTE.—Keep the body still, the clubs close together and straight up in the vertical.]

SECOND EXERCISE.

The Sideward Bend.

From position of twelfth count, above, swing outward-right, down across knees(1); up left side, through the vertical, over to right-oblique-upward(2); reverse the movement, down across knees(3); up right side, through the vertical, over to left-oblique-upward(4): so continue twelve counts.

[NOTE.—Keep clubs parallel, and bend squarely.]

THIRD EXERCISE.

The Complete Right.

To learn this exercise, place each club over its own shoulder, the clubs vertical and parallel; lean them a little towards the right, then let them fall around behind shoulders, describing wrist-circles(w); returning above their shoulders, swing them to side right-down across knees, up left side to position over shoulders; and so repeat.

(Practice with right, then left, then both clubs.)

Having learned the exercise, proceed thus: From twelfth count in last exercise, swing the clubs to side right-down across knees(1). up side left to position over shoulders, describing wrist-circles(2); and so continue.

[NOTE.—Move only the arms; send the clubs squarely to the right.]

FOURTH EXERCISE.

Alternate Drop Circles.

Pass the clubs, by a pendulum movement, to left side horizontal(1); drop the ends outward-downward, describing wrist-circles(0), body turning on heels to left-face(2); swing, by pendulum movement, to right-side horizontal(3); drop the ends outward-downward, describing wrist-circles(w), body turning on heels to right-face(4); and so continue.

FIFTH EXERCISE.

Combined Hips and Head Circles.

Swing clubs down side right to their respective hips (arms still extended); stop the hands, allowing the momentum to carry the clubs, by wrist-circles(w), around the hands, fixed in front of their respective hips, once(1), twice(2), three times(3); thence on up left side to right leaning position over shoulders, describing wrist-circles(w) behind shoulders(4); swing on to right, and repeat.

[NOTE.—Be careful to make the hip-circles perpendicular.]

SIXTH EXERCISE.

The Back Change.

Swing down side right, the right club going behind the back and resting obliquely downward from the left front hip (arm around waist, hand at left hip,) the left club passing in front, by pendulum movement, to left side horizontal(1); left club moves alone downward behind left thigh, is forced on upward by the fingers and upturning wrist till it rests at back elbow, the hand now moves around to the front, permitting the club to fall in front of hip, thus finishing a wrist-circle, one half of which is done behind, the other half in front of the hip (this movement is called a back-circle)(2); the right club, disengaging itself, moves rightward to join

First Series.	Second Series.
1 Backward Bend.	1 Balance Movement.
2 Sideward Bend.	2 Double Inner.
3 Complete Right.	3 Inner Reel.
4 Alternate Drops.	4 Outer Reel.
5 Combined Hips and Head.	5 Complete Right.
6 Back Change.	6 Same, with Facings.
7 Outer Reel.	7 Completes Combined.
8 Double Outer.	8 Follow Combination.
9 Back Divide.	9 Continuous Wrist Circles (0).

☞Either series may be repeated, starting to left.

Send for "Mutual Resistance Exercises," "Changeable Indian Club Exercises," "Free movements for a Large Class on the Field," "Free Movements for Class or Home," and "Tactics," by the same author.

the left club at side right (obliquely downward)(3); clubs now pass to leaning-left position, over shoulders, and describe wrist-circles(o) behind shoulders(4); clubs now swing down left side, the left club going behind and the right in front [this is (1) reversed](5); right club makes back circle(6); is joined by left at left-downward-oblique(7); both swing on up to leaning-right over shoulders, describing wrist-circles(w) behind shoulders(8).

[NOTE.—Practice the first four counts a number of times from right-side horizontal; then second four from left-side horizontal; then combine. Give special practice to the back circles.]

SEVENTH EXERCISE.

The Outer Reel.

To learn this movement, hold the clubs in opposition: right club at side right obliquely upwards, left club at side left obliquely downward. The clubs now move simultaneously in different lines, the right club doing a wrist-circle(w) behind right shoulder, thence passing to side right obliquely downwards; the left club swings across knees, up right side, across face, to side left obliquely upwards(1); clubs now being in opposition (left club uppermost), the left does the wrist-circle(o), passing to left oblique downwards, while the right swings across knees, up side left, across face, to right oblique upwards(2). So repeat.

[NOTE.—Practice count (1) separately, then count (2), then combine; finally, practice changing from the Back Change into this movement, which is done as follows: The twelfth count of the Back Change left our clubs in leaning—left position over shoulders, swing down side left and across knees, by pendulum movement(1), the right club stopping in side right downward-oblique, the left club passing on upward, across face, to side left upward-oblique; then comes count (2), as described above.

EIGHTH EXERCISE.

The Double Outer.

To learn this exercise, place each club over its own shoulder, the ends leaning outward, forming an angle of 30°; drop the clubs outwards, describing wrist circles in opposite directions(2); on completion of wrist-circles, pass the clubs outwards from each other to swing down, crossing at lower front, thence upwards to initial position(1).

[NOTE.—When the arms go outwards, extend them to make a full swing; also, send them squarely outward, not obliquely.]

To change from Outer Reel into this movement, give the right club, at the twelfth count, an extra wrist-circle without changing the action of the left; the clubs then cross at lower front on count (1); describe wriss-circles on count (2) and repeat.

NINTH EXERCISE.

The Back Divide.

Hold the clubs, in opposition, at sides horizontal; start them simultaneously downwards, the right club doing a back circle(1) and passing up side left and across face to right horizontal(2), while the left passes the knees(1), up side right, across the face, doing wrist-circle(0) at back left shoulder, moving on to left horizontal(2). The clubs being now in opposition, on count (2) the same action is repeated, except that the left club goes behind and the right in front, and thus we make counts (3) and (4). On the eleventh count make both clubs pass at lower front, coming to chest on count (12).

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